

# Baked Potato Soup

**Makes:** 5 Servings

The main ingredient is potato. For a heartier dish, add 2 cups diced cooked chicken or turkey ham.

## Ingredients

**2 tablespoons** light buttery spread  
**1** small onion (chopped)  
**2** medium potatoes (baked, peeled and mashed)  
**3 cups** prepared instant nonfat dry milk  
**1 can** low-sodium chicken broth (about 14.5 ounces)  
**1 cup** reduced-fat cheddar cheese (shredded)  
pepper, and salt to taste

## Directions

1. Melt light buttery spread in a large saucepot over medium heat and add chopped onion, stirring every once in a while until onions are clear.
2. Stir in potatoes, milk and broth; continue to stir until smooth.
3. Bring to a boil over medium heat, stirring every once in a while.
4. Remove from heat and stir in  $\frac{1}{2}$  cup cheese. Add pepper and salt to taste. Sprinkle remaining cheese on top and serve.

## Notes

**Tip:** For a heartier dish, add 2 cups diced cooked chicken or turkey ham.

### Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>267</b>	
Total Fat	11 g	
Protein	120 g	
Carbohydrates	23 g	
Dietary Fiber	1 g	
Saturated Fat	6 g	
Sodium	486 mg	